

Nutrition News

August 2022



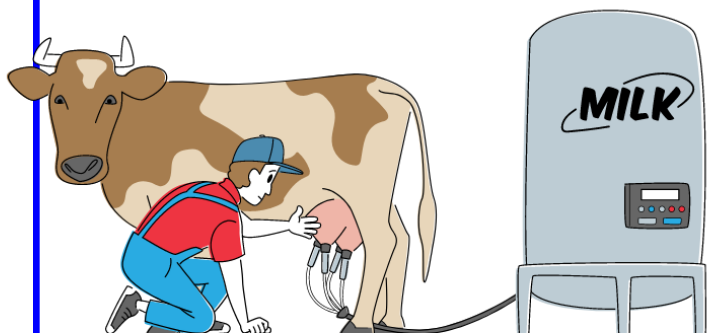
Stay Healthy Every Day!

- ☑ Eat **5** or more fruits and vegetables
- ☑ Limit screen time to **2** hours or less
- ☑ Exercise or play **1** or hour or more
- ☑ Choose **0** sugary drinks

Milk is an important part of your child's diet. Milk contains 9 essential nutrients including:



1. High-quality protein (builds and repairs muscle)
2. Calcium (supports bone health)
3. Potassium (maintains healthy blood pressure)
4. Vitamin D (supports bone health and heart health)
5. Vitamin B12 (builds red blood cells)
6. Vitamin A (improves the immune system)
7. Phosphorus (supports bone health)
8. Vitamin B2 (converts food into energy)
9. Vitamin B3 (converts food into energy)



Milk comes from cows. The low-fat milk at Maywood school typically comes from Hansen Dairy which is located in Hudson Iowa.

To learn more about the Hansen's Dairy and plan a farm tour visit: hansendairy.com.



Milk is in the dairy

group. The dairy group also includes yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. To learn more about the dairy group (including how much dairy your child needs per day) visit: myplate.gov.



Milk Q & As

Question: Aren't plant based milks (like almond, coconut or oat milk) more nutritious than cow milk?

Answer: No, most plant based milk beverages do not contain the same amounts of calcium, protein, vitamin A and vitamin D as cow's milk which your child needs to grow.



Question: What about soy milk?

Answer: Some (not all) soymilks have the same amount of calcium, protein, vitamin A, and vitamin D as cow's milk. They might be a good option if your child has a dairy allergy.

Question: If my child gets stomach pains, gas or bloating after drinking milk does that mean they are allergic to milk?

Answer: These digestive symptoms indicate a food intolerance which is different from a food allergy. People who are lactose intolerant are missing the enzyme lactase. Lactase breaks down lactose, a sugar found in milk and other dairy products. As a result, people with lactose intolerance are unable to digest these foods. While lactose intolerance can cause discomfort it is not life threatening. Your child can drink lactose free milk and likely tolerate small amounts of dairy in other products.



Cow's milk allergies happen when the proteins in the milk bind to specific IgE antibodies in the person's immune system. Symptoms can range from mild (rashes, hives, itching, swelling, etc.) to severe (trouble breathing, wheezing, loss of consciousness, etc.). About 2.5% of children under three years old are allergic to milk. Nearly all infants who develop an allergy to milk do so in their first year of life. For more information about cow's milk allergies visit foodallergy.org.

Name _____

Milk



I like milk because _____



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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August 2022 Family Meal Tracker for In-Kind Credit

RULES FOR CREDIT: EAT TOGETHER—TURN OFF TV—SIT AROUND TABLE TOGETHER—PASS FOOD FAMILY STYLE—HAVE MEAL CONVERSATIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 Meals Eaten Together (circle): B L D	2 Meals Eaten Together (circle): B L D	3 Meals Eaten Together (circle): B L D	4 Meals Eaten Together (circle): B L D	5 Meals Eaten Together (circle): B L D	6 Meals Eaten Together (circle): B L D	7 Meals Eaten Together (circle): B L D	Total Meals for Week:
8 Meals Eaten Together (circle): B L D	9 Meals Eaten Together (circle): B L D	10 Meals Eaten Together (circle): B L D	11 Meals Eaten Together (circle): B L D	12 Meals Eaten Together (circle): B L D	13 Meals Eaten Together (circle): B L D	14 Meals Eaten Together (circle): B L D	Total Meals for Week:
15 Meals Eaten Together (circle): B L D	16 Meals Eaten Together (circle): B L D	17 Meals Eaten Together (circle): B L D	18 Meals Eaten Together (circle): B L D	19 Meals Eaten Together (circle): B L D	20 Meals Eaten Together (circle): B L D	21 Meals Eaten Together (circle): B L D	Total Meals for Week:
22 Meals Eaten Together (circle): B L D	23 Meals Eaten Together (circle): B L D	24 Meals Eaten Together (circle): B L D	25 Meals Eaten Together (circle): B L D	26 Meals Eaten Together (circle): B L D	27 Meals Eaten Together (circle): B L D	28 Meals Eaten Together (circle): B L D	Total Meals for Week:
29 Meals Eaten Together (circle): B L D	30 Meals Eaten Together (circle): B L D	31 Meals Eaten Together (circle): B L D					Total Meals for Week:

Child Name: _____

Parent Name: _____

Address: _____

Staff Signature: _____ **Parent Signature:** _____

Total Meals: _____

August 2022 Menu - Maywood & Lily

Monday	Tuesday	Wednesday	Thursday	Friday
1 Orange WG Toast	2 Peaches WG Oatmeal	3 Apple WG Cheerios	4 Banana Yogurt	5 Fruit Cocktail WG Rice Crisps
Cook's Choice Meal	Scrambled Eggs Turkey Sausage Link Wrapped in Pancake Hashbrowns & Berries	WG CN Chicken Strip Corn Pears	CN Hamburger On WG Bun Creamy Cucumbers Sweet Potato Fries	WG CN Chicken Drumstick Butter Beans Watermelon
Crushed Pineapple Milk	Fruit Cocktail Milk	Local Produce Milk	Tropical Fruit Milk	Banana Milk
8 Apple Yogurt	9 Orange WG Oatmeal	10 Pear WG Cheerios	11 Banana WG Rice Crisps	12 Apple Yogurt
WG CN Crispy Chicken Salad Crushed Pineapple	Chicken Ratatouille Peaches WG Breadstick	CN Ham & Cheese Zucchini Cubes Fruit Cocktail WG Crackers	Beef Taco Meat WG Tortilla Refried Beans Blueberries	Chicken BBQ on WG Bun Baked Beans Cantaloupe
Peaches Milk	Elmo's Strawberry Pops	Local Produce Milk	Mandarin Orange Milk	Banana Milk
15 Orange WG Cheerios	16 Apple Yogurt	17 Mandarin Orange WG Oatmeal	18 Banana Yogurt	19 Peach WG Cheerios
Peanut Butter on WG Bread Cucumber Slices Strawberries & Yogurt	CN Cod On WG Bun Creamy Coleslaw Watermelon	Grah Pickled Veggies WG Breadstick Fruit Cocktail	Cook's Choice Meal	Chook's Choice Meal
Crushed Pineapple Milk	Peaches Milk	Local Produce Milk	Tropical Fruit Milk	Banana Milk
22	23	24	25	26
No School - Closed for Teacher Preservice				
<p>This month we are celebrating Bosnian Americans (Americans whose ancestry can be traced to Bosnia and Herzegovina). The cuisine of Bosnia reflects influences from Central Europe, the Balkans and the Middle East. Bosnian cuisine contains lots of fresh carrots and beans are common ingredients. Our menu includes Grah, a traditional Bosnian stew incorporating meat and beans.</p>				
				
1st Day of School! 29	30	31	<p>Milk comes from cows and is a healthy beverage for growing kids. We serve milk everyday at breakfast and lunch and frequently at snack time. Children ages 1-2 will receive whole milk and children ages 2-5 will receive low-fat milk.</p> <p><i>*If your child can not consume milk you will need to complete a diet modification form. Your family worker can provide you the form.</i></p> 	
Orange Yogurt	Peaches WG Cheerios	Fruit Cocktail Yogurt		
CN Hamburger On WG Bun Creamy Cucumbers Blueberries	Mediterranean Tuna Salad WG Pita Apple Slices	CN Turkey Ham + Cheese + WG Crackers Zucchini Melon		
Tropical Fruit Milk	Pears Milk	Local Produce Milk		